

## Sweet Carrots

Sweet carrots are easily made from canned carrots. Brown sugar improves the taste of the carrots, as well as adding an interesting texture to the meal. Some people like to have a little sweet with sour so they might like sweet carrots beside turnip greens with vinegar on them. Although adding sugar will make it difficult for some people such as diabetics to eat them, they make a nice treat. In some cases, for gluten intolerance, sweet carrots may be the easiest dessert to be made by a family member who doesn't know how to cook gluten free desserts.

### Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Brown Sugar (diabetics)
- Butter (lactose)
- Pepper
- Spices

#### Meatless Preparation Avoid:

- Butter
- Substitute with: \_\_\_\_\_

### Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Pan: 2 quart sauce pan

### Ingredients:

Meat: None

#### Vegetables:

- 15 ounces of carrots

**Other ingredients:**

- 1/2 cup of brown sugar
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Add to a 2 quart sauce pan:
  - 1/2 cup of brown sugar
  - 1 tablespoon of butter
  - 15 ounces of carrots
  - Dash of salt
  - Spices, such as pepper, to taste
  - Enough water to cover carrots
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

**Cook Temperature:** Medium to low

**Cook Time:** 30 minutes

**Servings:** 4 to 5

**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:****Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
  2. Heat until food is fully hot and reaches a safe temperature.
  3. Minimum 2 minutes.
- Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
  2. Add enough water to almost cover food.
  3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
- Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
  2. Add a little water.
  3. Heat until thoroughly warm, about 20 minutes.
- Add your oven time here: \_\_\_\_\_.